

Ananda Renew

Skin is the body's largest organ. When it's at optimal health, its layers work hard to protect us. It is the first layer of defense from external factors such as viruses, bacteria and other environmental factors. Both your age and health are reflected in your skin. But often the skin's ability to work as an effective barrier is impaired. Several factors including unhealthy diet, hormonal changes, lack of sleep, environmental pollution and smoking affect skin adversely.

Going deeper than the skin, your body's immune system naturally reduces in strength as you age. So aging affects immunity and, in turn, the changes in the immune system affect the aging process. With traditional wellness remedies and lifestyle changes, we can make the most of our bodies as we age and build immunity. **The Ananda Renew programme** works on building skin health through skin cleansing and skin nourishment. It works to enhance and rebuild immunity and promote healthy ageing through lifestyle modification, and improving digestive and musculo-skeletal health.

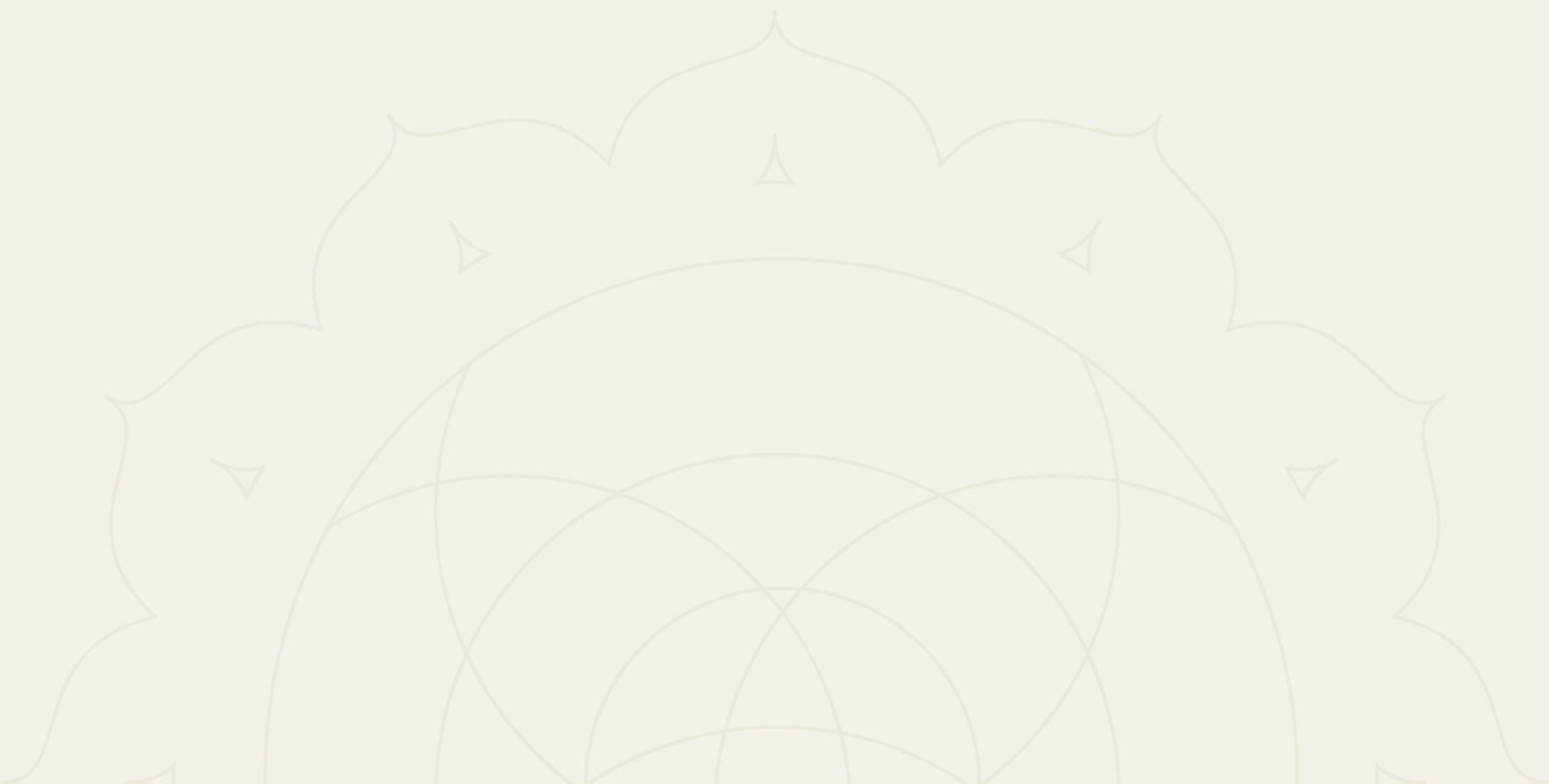


Ananda Renew

The Introductory 5 night programme includes therapies like Ananda Fusion, Ayurveda Tan Lepa herbal mask and Pizhichil massages to detoxify the skin and renovate underlying skin issues, and nourish the skin by hydrating, lubricating, and rejuvenating skin cells. The second phase includes therapies like Navarakizhi and Visuddha facial. The Njavara bundle contains an indigenous variety of rice having medicinal properties dipped in the mixture of warm milk and herbal decoctions and acts to reduce wrinkle formation by nourishing and hydrating. It also improves blood circulation by cleansing the channels of lymphatic circulation thereby enhancing the immunity. The Rose oil is the special oil used for facial skin healing and combined with ancient marma massage and light nurturing strokes, the Visuddha facial purifies and opens up the energy field of the face and neck. After this, you experience improved skin health and improved lymphatic drainage thereby initiating the process of re-building immunity.

The Comprehensive 7 night Renew programme uses therapies like Abhyanga, Choornaswedana, Grounding Aromatherapy to improve circulation and initiates removing ama or metabolic waste, thereby improving agni, and soothes the musculoskeletal system and removes redness. Reflexology stimulates reflex points to improve energy flow within the body and restore the body's natural equilibrium, while Jasmine salt scrub is especially good for cleansing and helps to stimulate and strengthen the skin. Besides improved skin health, overall benefits from the comprehensive 7 night programme are improved joint flexibility, strengthened muscular system and enhanced immunity.

The Comprehensive 14 night Renew programme promotes mental and emotional relaxation by creating a positive energy flow through the chakras leaving you in a state of tranquillity and peace with the Ayurvedic Head massage. Udhwarthana enhances healthy skin and vibrant complexion with the help of herbal scrub, which also gives stability and lightness to the body. Ancient Indian Body Mask enhances the natural healing abilities of the body. The comprehensive 14 night Renew programme helps achieve enhanced skin health, systemic health across musculo-skeletal system, delays the degeneration process and enhances immunity.





Ananda Renew

INCLUSIONS	INTRODUCTION	COMPREHENSIVE	
<i>Nights</i>	5 <i>nights</i>	7 <i>nights</i>	14 <i>nights</i>
<i>Ayurveda Therapy sessions</i>	2	4	11
<i>International Therapy sessions</i>	3	7	13
<i>Personal Yoga sessions</i>		3	4
<i>Personal Pranayama sessions</i>		1	2
<i>Personal Meditation sessions</i>		2	5
<i>Ayurvedic Consultation</i>	1	1	1
<i>Emotional Healing Consultation</i>		1	1

THERAPIES	INTRODUCTION	COMPREHENSIVE	
<i>Nights</i>	5 <i>nights</i>	7 <i>nights</i>	14 <i>nights</i>
<i>Ayurvedic Therapy</i>	Pizhichil, Abhyanga	Pizhichil, Abhyanga, Navarakizhi, Choornaswedana	Tan Lepa, Pizhichil, Abhyanga, Navarakizhi, Choornaswedana, Janu Vasti, Ayurvedic head massage, Udhwarthana
<i>International Therapy</i>	Ananda Fusion, Ancient Indian Body Mask, Mountain Dew Skin Freshener	Ananda Fusion, Visuddha Harmonizing facial, Grounding Aromatherapy, Jasmine salt scrub, Eye Rejuvenator, Reflexology, Ancient Indian Body Mask, Mountain Dew Skin Freshener	Ananda Fusion, Visuddha Harmonizing facial, Grounding Aromatherapy, Jasmine salt scrub, Eye Rejuvenator, Reflexology, Ananda Touch, Ancient Indian Body Mask, Hydrotherapy Aromatic Bath, Mountain Dew Skin Freshener